The Same Water Truth

You are not separate.

Every life, every thought, every joy and every wound is drawn from the same source.
What you do to another, you do to yourself — without exception, without escape.

You can dress this up in physics or poetry, in faith or reason, but the core remains:
you and all you've loved, hated, ignored, and feared are drops in the same ocean.

Harm to one is harm to all. Care for one is care for all.
There is no higher law, no deeper truth, no purer freedom than this.

When enough of us live it, the walls fall. The game ends. And the ocean is whole again.